Diagnosing Holden

You are a psychologist listening to your patient, Holden Caulfield, explain about his “madman” adventure that happened last year. What do you think really happened? Look back through your character DJs and post-its to make some conclusions. Please note that your conclusions most likely will be very different than Holden’s.

**Task:** You are responsible for diagnosing and prescribing Holden’s concerns. You will prepare a report (no less than 3 pages) discussing the conclusions you made about your patient, Holden Caulfield. Your report must contain the following:

Background:

* Give the background of the patient, Holden Caulfield, so that all who read the report will be able to know the necessary details that brought him to you in the first place. Make sure that whatever you bring up later in terms of analysis, diagnosis or prognosis appears in your background material. If you mention a character later on in your report, make sure you have mentioned that character here first. There are times when you may simply list the character in a category (i.e. Stradlater and Robert Ackley are students at Pency Prep.) If there is a significant incident that you must relate to later on, make sure that you mention it in your background first so that the reader knows about the incident to which you will refer.

Analysis:

* What are the problems that Holden is facing? He has been thrown out of at least two schools, his grades are suffering, he talks to his dead brother. There are many others, but you get the idea.

Diagnosis:

* Holden may have problems, but are they symptoms of mental illness or are they problems of a normal adolescent mind? You must decide. There are causes for Holden's problems. What are they? Support your conclusions. What incidents in the book support your contentions? What, if anything, do his parents have to do with what he is going through? Does D. B. have any part in this? What about Holden himself? Please diagnose Holden's problems as best you can. You will also want to visit <http://www.nami.org/Template.cfm?Section=By_Illness>

Or <http://psychcentral.com/disorders/>

Prescription:

* What do you recommend for Holden to improve his life? Assume you have no authority to prescribe drugs. What life changing recommendations do you make for Holden?

Prognosis:

* What will happen to Holden if he follows your advice? What will happen to Holden if he does not?

*Adopted from Thomas Trevenen*